

## Beef Sandwich (Hot or Cold) 75

Number of Servings: 75 (201.78 g per serving)

Amount	Measure	Ingredient
22 1/2	lb	Beef, bottom round roast, lean, raw, 1/8" trim
150.00	pce	Bread, whole wheat, 100%
3 1/4	cup	Margarine, soft, safflower oil

### Nutrients per serving

Nutrition Facts			
Serving Size (202g)			
Servings Per Container			
Amount Per Serving			
Calories 380		Calories from Fat 140	
		% Daily Value*	
Total Fat	15g		23%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	80mg		27%
Sodium	460mg		19%
Total Carbohydrate	28g		9%
Dietary Fiber	4g		16%
Sugars	4g		
Protein 36g			
Vitamin A 6%		Vitamin C 0%	
Calcium 2%		Iron 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Notes

\* Roast beef: 10# EP = ~15# AP

For Roast Beef:

Roast beef to 160 degrees F with enough water so there will be SALT FREE BROTH to reheat meat if desired. DRAIN and SAVE SF Broth from meat and cool quickly. Refrigerate when temperature is between 100 and 140 degrees F.

Next Day:

When cold slice into 3 oz portions. Place in two 12X20X2 inch counter pans.

May be served either Hot or Cold. If it is going to be served as Cold Sandwiches roast until tender day before.

To serve Hot Sandwiches.

Heat SF broth to 190 degrees F. Pour over meat. Cover with aluminum foil or lid and place in oven. Reheat to at least 165 degrees F.

Place 2 1/2 -3 oz meat on 2 slices whole grain bread spread with 2 tsp margarine.